



# November 2011

## Group Exercise Class @ Salt River High School

Provided by the Salt River Disease Prevention Program

**\*\*Classes held in Aerobic Room in the Basketball Gymnasium\*\* Utilize the south gate entrance to the campus\*\***



Monday	Tuesday	Wednesday	Thursday	Friday
	1 3:30pm – 4:30 pm <b>Zumba</b> w/Rachel	2 3:30pm – 4:30 pm <b>Total Body Circuit</b> w/Michelle	3 3:30pm – 4:30 pm <b>Abs/Core</b> w/Jason	3
7	8 3:30pm – 4:30 pm <b>Cardio Mix</b> w/Rachel	9 3:30pm – 4:30 pm <b>Total Body Circuit</b> w/Michelle	10 3:30pm – 4:30 pm <b>Abs/Core</b> w/Jason	11
14	15 3:30pm – 4:30 pm <b>Zumba</b> w/Rachel	16 3:30pm – 4:30 pm <b>Total Body Circuit</b> w/Michelle	17 3:30pm – 4:30 pm <b>Abs/Core</b> w/Jason	18
21	22 <b>No Class</b>	23 <b>No Class</b>	24 <b>Happy Thanksgiving</b> <b>No Class</b>	25
28	29 3:30pm – 4:30 pm <b>Cardio Mix</b> w/Rachel	30 3:30pm – 4:30 pm <b>Total Body Circuit</b> w/Michelle		

### Class Descriptions:

**Abs/Core:** All movement involves the core (abdominal muscles). This class will help increase core strength and stability.

**Cardio Mix:** You never know what to expect. The instructors will keep you guessing and mixing up the format - maybe it will be hi/lo, step, Cardio Kickboxing, Zumba or a combo of them all.

**Total Body Circuit:** Total body workout that alternated 3-4 minutes of cardio with 2-3 minutes of strength. Time flies as you work it ALL!!!

**Zumba:** A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique



**QUESTION PLEASE CONTACT: 480-362-7320 (Salt River Fitness Center)**